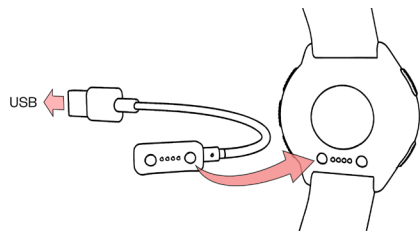


Charge

To wake up and charge your watch, plug it into a powered USB port or a USB charger with the custom cable that came in the box.



Take care of your watch

Keep your watch clean by washing it under running water with a mild soap and water solution after each training session. Before charging, please make sure there's no moisture, dust or dirt on the charging contacts of your watch and cable. Gently wipe off any dirt or moisture.

Do not charge the watch when it's wet.

Setup

After waking up the watch, choose your language and setup method. The watch gives you three options for setup: **(A)** set up on your phone, **(B)** on your computer or **(C)** on your watch. We recommend option **A** and provide instructions for it in this guide. By setting up your watch on your phone with the Polar Flow app, you'll get the latest updates for your watch and during the setup, your watch will also be paired with your phone.



Browse to the option most convenient for you with **UP/DOWN** and confirm your selection with **OK**.

To get the most accurate and personal training and activity data, it's important that you're precise with the settings in the setup.

To keep your watch up to date, always update the firmware whenever a new version is available. You'll be notified via Flow when a new version is available.

Set up with a phone and Polar Flow app

Note that you have to do the pairing in the Polar Flow app and NOT in your phone's Bluetooth settings.

1. Make sure your phone is connected to the **internet** and turn on **Bluetooth**.
2. Download the **Polar Flow app** from the **App Store** or **Google Play**.
3. Once downloaded, open the app and tap **Get Started**.
4. The Flow app recognizes your watch and prompts you to start pairing it. Tap **Start**.
5. Accept the Bluetooth pairing request on your phone. Confirm the pin code on your watch and the pairing is done.
6. **Sign in** with your **Polar account** or create a new one. We'll walk you through the sign-up and setup within the app.

When you're done with the settings, tap **Save and sync** and your settings are synced to your watch.

Get to know



Key button functions

- Press **OK** to confirm selections.
- Browse the views and menu with **UP/DOWN**, move through selection lists, and adjust a chosen value.
- Return, pause and stop with **BACK**. In time view press **BACK** to enter the menu, press and hold to start pairing and syncing.
- Press and hold **LIGHT** to lock buttons.

Touch display* (available in Vantage M3)

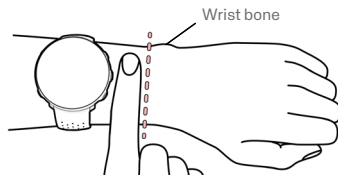
- Tap the display to choose items.
- Swipe up or down to scroll.
- Swipe left or right in time view to view different views.
- Wake up the display using a wrist gesture.

*Disabled during training sessions

Wear

To get accurate heart rate readings during training, make sure that you wear the watch correctly:

- Wear the watch on top of your wrist, at least a finger's width up from the wrist bone.
- Tighten the wristband firmly around your wrist. The sensor on the back must be in constant touch with your skin and the watch should not be able to move on your arm.



Every now and then loosen the wristband a bit for a more comfortable fit and to let your skin breathe.

Your watch is also compatible with Polar heart rate sensors that you can buy as accessories. Find a full list of compatible sensors and accessories at support.polar.com/en.

Train

1. Wear your watch and tighten the wristband.
2. Press **BACK** to enter the main menu, choose **Start training**, and then browse to a sport profile.

When starting an outdoor training session: Move away from tall buildings and trees, and keep your watch still with the display upwards to catch GPS satellite signals. The circle around the GPS icon will turn green when the GPS is ready.

3. When your heart rate is shown and all signals are found, press **OK** to start recording the training session.

Pause and stop training

Press **BACK** to pause your training session. To continue training, press **OK**. To stop the session, press and hold **BACK** when paused until **Recording ended** is displayed. You'll get a summary of your training session on your watch right after you've stopped training.

Need help?

Visit support.polar.com/en to access more detailed user manuals, support videos and troubleshooting guidance. Contact us by chat or email.

Polar Flow

Analyze your training results, activity and sleep on the go with the Flow app and in-depth in the Flow web service. Remember to sync your watch regularly with Polar Flow to keep your data up to date between your watch, the mobile app and the web service.

Information about materials and technical specifications are available in the user manual at support.polar.com/en.

For instructions on changing the wristband see this video: bit.ly/polar-wristband.

The radio equipment operates 2.402 - 2.480 GHz ISM frequency band(s) and 5 mW maximum power.

The Polar Elixir biosensing technologies use a very small, safe amount of electric current on the skin to measure the contact of the device to your wrist to enhance accuracy.

Model: Vantage M3: 6B, Pacer: 5A, Pacer Pro: 5B

App Store is a service mark of Apple Inc.

Android and Google Play are trademarks of Google Inc.

Manufactured by
Polar Electro Oy
customercare@polar.com
www.polar.com

Compatible with



Getting Started Guide

Vantage M3

Smart Multi-Sport Watch

Pacer Pro

Advanced GPS Sports Watch

Pacer

GPS Sports Watch

English

Learn more at support.polar.com/en